



# 2023 NORTH SHORE HEALTH DEPARTMENT HEALTHY HIGHLIGHTS

Serving the communities of Bayside, Brown Deer, Fox Point, Glendale, River Hills, Shorewood and Whitefish Bay

## July 19, 2023: Staying safe in Wisconsin lakes – protect yourself and your pets from harmful algal blooms

Algae and cyanobacteria are plant-like organisms that live in both fresh and salt water. Cyanobacteria are also called blue-green algae, yet cyanobacteria are not algae – they are photosynthetic bacteria that can cause harmful algal blooms (HABs) in Wisconsin’s lakes and rivers.

When algae or cyanobacteria grow out of control, they “bloom”, which occurs when the water is warm, slow-moving, and full of nutrients, like phosphorus. These nutrients are most abundant when fertilizer, sewage, or runoff from cities washes into lakes and rivers. Algal blooms can look like foam, scum, or paint, and can make the water appear blue, red, green, or brown. In Wisconsin, blooms typically occur during the warm-weather months between mid-June and mid-September.

Contact with water or food containing specific types of algae, cyanobacteria, or their toxins can result in illness for both people and animals. This includes swimming or wading in or near contaminated water, eating contaminated fish or shellfish, and drinking contaminated water. Illness severity depends on the length of exposure and which type of toxin was present. Symptoms can include stomach pain, vomiting, headache, fever, skin irritation, and muscle weakness. Animals can get very sick or even die within minutes to days after exposure to harmful algae and cyanobacteria.

Check for swimming and fishing advisories before visiting lakes, rivers, and oceans. If you see an algal bloom, stay out of the water and keep your pets out of the water. You cannot tell if a bloom is harmful by looking at it, so stay on the safe side and don’t go in. As a general rule of thumb, do not go into water that smells bad, looks discolored, has foam or paint-like streaks on the surface, or has dead fish or other animals washed up on its shore or beach.

View and download this fact sheet for tips on how to tell the difference between non-harmful true algae and toxin-producing blue-green algae: <https://www.dhs.wisconsin.gov/publications/p01888.pdf>



### MEMORY CAFÉ

The Memory Café, open to all members of the North Shore, is a relaxed social event for people living with mild memory loss and their care partners. This group meets in the cafe area of Metro Market at 4075 N Oakland Avenue. If you’re new to the cafe, please contact the Shorewood Senior Resource Center to register, by calling 414-847-2727 or emailing [src@shorewoodwi.gov](mailto:src@shorewoodwi.gov)

## COMMUNITY HEALTH ASSESSMENT

Last summer NSHD focused event outreach on the 2022 North Shore Community Health Assessment survey. This summer, learn more about the results of the recently published 2022-2026 North Shore Community Health Assessment. [Visit our website](#) or scan the QR code below to find out more!

Check out our newly published

### NORTH SHORE COMMUNITY HEALTH ASSESSMENT 2022-2026

See the results from our community survey and interviews of key stakeholders.

Available on our website: [www.nshealthdept.org](http://www.nshealthdept.org)



Scan the QR Code



## NSHD HAPPENINGS

NORTH SHORE HEALTH DEPARTMENT

### WELCOME! HAILEY GRISHAM PUBLIC HEALTH NURSE INTERN



NSHD would like to welcome Hailey to the team!

Hailey is studying nursing at UW-Milwaukee, with an expected graduation date of December 2023. After graduation, Hailey plans to attend graduate school. Excited to learn all the things public health, Hailey is interested in learning more about harm reduction, epidemiology and environmental health. In addition to supporting NSHD, Hailey would like to learn more about harm reduction practices and communicable disease investigation.

In her free time, Hailey loves spending time with Olive, her dog, and spending her summers on the beach. Her favorite holiday is Halloween.

The (NSHD), as a steward of public health, aims to provide students with a well-rounded internship that exposes them to the multiple aspects of public health at a local health department. This role provides an in-depth internship into public health programming and Public Health 3.0 strategy planning, with goal to increase interest in Public Health as a career path.

WELCOME TO NSHD!

If you spot us at a community event this summer, don't hesitate to come by and say hi! We will have free tick kits available (while supplies last) as well as other giveaways.

## BOATING SAFETY

Gear up for a responsible and fun boating season by following safe boating practices! Wear a U.S. Coast Guard approved, properly fitting life jacket while boating. Check out the [WI DNR website](#) for life jacket safety tips.

TODAY'S  
SAFE  
BOATING  
TIP

Which life jacket is right for you?



## NALOXONE TRAINING

NSHD OFFERS FREE COMMUNITY NALOXONE (NARCAN) AND TRAINING. Please scan the QR code below or [CLICK HERE](#) to register for a time to be trained.

### NARCAN is available at North Shore Health Department

NARCAN® Direct Program



SCAN THE QR CODE to schedule a time to stop in for training & to receive Narcan.

Walk-ins are also welcome!

NARCAN is available at both offices:

**Brown Deer office**

4800 W Green Brook Dr.

**Shorewood office**

2010 E Shorewood Blvd.

Open Mon-Fri 8AM-430PM

Want to learn more about Narcan?

Scan the QR code to visit

Dose of Reality: Safer Use/Harm Reduction

Follow us on social media for updates on future community NARCAN trainings and distribution events.



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HEALTH DEPARTMENT

[nshealthdept.org](http://nshealthdept.org) • (414) 371-2980

Follow us on social media and visit our website for health information and updates!



## RESOURCES AND REFERENCES

1. <https://www.dhs.wisconsin.gov/water/bg-algae/defined.htm>
2. <https://www.cdc.gov/habs/be-aware-habs.html>
3. <https://dnr.wisconsin.gov/Topic/Boat/LifeJackets>
4. <https://www.dhs.wisconsin.gov/tick/bite-prevention.htm>